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Morningside Retirement and Health Services, Inc. [www.mrhsny.org](http://www.mrhsny.org) President, Kathy Ch'iu Hinton  
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## Summer Fun!

### Ice Cream Puff Parties Return

**YES!Solutions**, our community services neighbor in Building 6, and host for the third year of our summertime Ice Cream and Cream Puffs Parties, will bring two more living room floor picnics to MRHS on Fridays, **August 7** and **August 14**.

The first 36 guests to arrive at MRHS (**100 La Salle, #MC**) at **1:00 PM** will enjoy just-baked-and-filled cream puffs, professional entertainers (harpist Jessica Dillon on August 7), and r-e-a-l-l-y cool air-conditioning. Ice cream pops and sticky hands make the picnic real. Morningsiders of all ages are invited. Priority seating will go to those born before 1950. (No proof required.)

Children and families are welcome to pull up a seat at the picnic blanket on the floor. Come and enjoy a lively start to your weekend.

## Cruise the Hudson River And Explore Kingston

Join MRHS as we spend a beautiful August day sailing the Hudson River on the **Rip Van Winkle** and then stroll around beautiful downtown **Kingston**.

Relax on the cool, shaded deck of the 125' long, 300-passenger capacity, 2-deck cruise vessel. The experienced guide will point out sumptuous estates, picturesque Hudson River lighthouses and quaint sleepy villages surrounded by the natural beauty of vineyards, orchards and scenic preservation sites. Afterwards we will take time to explore the Rondout Harbor section of Kingston with its galleries, restaurants and historic buildings.

**DATE:** Tuesday, August 25 **Depart:** 8:30 AM  
**PRICE:** \$45.00 **Return :** 6:00 PM (approx)

## Travel Ventures

On **Friday, August 21 at 2:00 PM**, *Mary and Alan Borthwick*, (Bldg. II), will show pictures of their recent trip on a coastal ship from Greece to Split, Croatia. Stops included: Delphi & Corfu in Greece; Roman ruins in Butrint, Albania; Kotor & Cetinje, in Montenegro; Dubrovnik, Korcula, Hvar & Split in Croatia. After leaving the coastal ship they went inland to Plitvice Lakes, Zagreb & Varazdin, also in Croatia. **MRHS Tuttle Center, 100 La Salle.**

## Flea Market News

We continue to accept donations **one evening a month (next on Tues., August 4) between 7:00 and 9:00 PM and every Thursday afternoon from 2:30 PM to 4:00 PM**. Volunteers will be available in the Recreation Center (library room) by the entrance to the basement of 100 La Salle. We are grateful for all donations but we do ask that items be in good condition and clean. If you can pack donations in a box, that is helpful. If you need to make donations at a different time you may call the office at 212-666-4000 to make arrangements. The Flea Market dates are **Nov. 13, 14, 15, 2009**.

We are seeking volunteers to assist with the collection of these donations. Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale. Contact MRHS to sign up for one day or every day we're collecting. We need volunteers for the following times: Thursdays from 2:30 – 4:00 PM and Tuesday evening from 7 to 9 PM on August 4.

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**Please Note:** *MRHS is excited to offer the use of a web camera for anyone interested in trying video chat with family and friends around the country and the world. Video chat is a free service that allows you to speak live with family and friends. Thank you to Len Davidson for providing MRHS with the camera, as well as the installation. Contact MRHS to learn more.*

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## Director's Column

Having been educated by Franciscan sisters through the eighth grade, with a smattering of Sisters of Charity in high school (where Sonia Sotomayor was a schoolmate!), I am drawn to any newspaper article about nuns. When the Times ran a front-page article dealing with nuns and aging, I knew this would be good.

Unlike many Catholic school grads, I have rather fond memories of the sisters, who were some of the kindest people I knew when growing up. (Except for Sr. Denise, 6<sup>th</sup> grade, who made all of us 11-year-old boys who went to see the condemned movie "Goldfinger" stand in front of the class as if we were trafficking in pornography. And elderly but stout Sr. Martina, 8<sup>th</sup> grade, who managed to crunch and pin my head with the raised wooden top of my desk in a remarkable vise-like maneuver. You can't make this stuff up.) So, given my overall good experience, I was not surprised to read the headline, "Sisters Face Death With Dignity and Reverence."

The story involves the Sisters of St. Joseph convent in Pittsford, NY, just outside of Rochester. The author, Jane Gross, states that the sisters "animate many factors that studies say contribute to successful aging and a gentle death," including "a large social network, intellectual stimulation, continued engagement in life and spiritual beliefs, as well as health care guided by the less-is-more principles of palliative and hospice care."

As I read these words, I couldn't help but think of the overlap with many of the goals of a NORC program. At MRHS, we try to promote the values of neighborliness and community, volunteerism and active involvement in intellectual, cultural, civic and artistic pursuits. When indicated, we try to offer an alternative to the rush to the emergency room and the move into the nursing home. Congregation president and former nurse Mary Lou Mitchell says "This is what our culture, our society, is starved for, to be rich in relationships. This is what everyone should have." We agree.

## Happy August Birthday!!

To: Tomoe Arai, Jean Broadwell, Anne Burley, John Careddu, Fungying Chao, Vicki Chen, Sarah Cunningham, Carlotta Damanda, Frances Geer, Phyllis Johnson, Ruby Johnson, Margaret King, Emil Koehler, Isabel Kogel, Harold Landon, Herbert Mendelsohn, Maggie Middleton, Dana Minaya, Zlata Paces, Rajdai Puran, Lotte Strauss, Ralph Williams, Lucienne Yoshinaga and Alba Zatz.



Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in August are all invited to our Birthday Party! Come on **Tuesday, August 18 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

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**The Saturday Afternoon Movies will be on vacation in August and will resume on September 5.**

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## Recycling Information

**Thanks to the Community Relations Committee, MRHS has available in the office flyers that illustrate how to sort items for recycling. They are in English and in Chinese. Just stop by the office or if you need more information call 212-666-4000.**

## For Your Information

If you have information that you think will be useful to Morningside Gardens' residents and you want it announced, please send the information to the MRHS office by the third Friday of the month (i.e. Friday, August 21.) Please print clearly or type all information that you want included in the Newsletter. \*

*\*Due to space limitations, it may not be possible to include all information submitted.*

***Publication of the Newsletter is made possible by a grant from Columbia Community Services.***

## Just a Reminder

**Tuesday Lunch** – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

**Birthday Party** – Remember it's the 3<sup>rd</sup> Tuesday of the month at 12:30 PM and everyone is invited.

**MRHS Sing-Along** – Come to the Sing-Along every **Tuesday at 1:15 PM**.

**MRHS Office Hours** – The following is the MRHS Tuttle Center schedule:

Monday Tuesday Wednesday Thursday Friday  
8 – 6    8 – 6    8 – 6    8 – 5    9 – 5

**Nurse's Hours** – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday  
9 – 5    9 – 5    9 – 5    9 – 5    9 – 5

**Hypertension Screening – is on summer break and returns on Wednesday, September 9**

**The Fairway Shuttle** departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

**Nurse Marie Phillips' "Take Charge of Your Health"** group will resume in September (date to be announced).

**"Later Life Transitions"** group meets this month on **Thursday, August 13 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, August 5 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Snow Flower and the Secret Fan by Lisa See**.

The Low Vision Support group will resume on **Friday, September 25** with a presentation from the *Commission for the Blind and Visually Handicap (CBVH)*.

**Big Apple Senior Strollers Walking Group** is not planning destination walks in August. Instead we ask people interested in walking to contact MRHS or just come on Thursday at 9:30 to see if there are companion walkers available that day.

**SAVE THE DATE:** On October 1 at 7:00 PM, MRHS will screen the film, "Grandmother To Grandmother, New York to Tanzania" with cinematographer Nick Blair.

## Summer: Use MRHS Services

***As the heat of summer continues, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. On Thursdays, the Health Aide will do your laundry. Just call MRHS (212-666-2050) one day before you would like the services. On the day you requested the service, the Health Aide will call you to let you know what time she will be at your apartment***

## Are You Crafty?

Do you crochet, knit, embroider (cross stitch, crewel), needlepoint, quilt or appliqué? Would you like to share your needlework skills, designs and techniques with others, or just work in friendly company?

We are forming a **Circle of Hands** (both men's and women's) to meet **Monday evenings at 7:30 PM** starting **Monday, September 14** in the Tuttle Center at MRHS. Give some thought to what you might work on and gather your materials over the summer; or dig out some unfinished project from the back of the closet. Join us in September to work on it or on items that may be donated to MRHS or other organizations. Questions? Call Mary Davidson, Bldg. IV, at 212-316-0140.

## Rose Komatsu

MRHS wishes to acknowledge Rose Komatsu, Building IV resident who recently passed away. Rose was a longtime friend and supporter of MRHS. We send our condolences to the Komatsu family and thank Rose for leaving a bequest to MRHS in her will.

## MRHS Email List

If you would like to add your name to the MRHS email list, please contact us at [info@mrhsny.org](mailto:info@mrhsny.org) and simply put "MRHS Email List" in the heading. Thanks!

## A Fun Opportunity!!

On **Saturday August 22**, **YES!Solutions** director *Mary Lanning* and a team of teenage interns will lead this year's **Anything-On-Wheels Relay** to support children whose families can't cover some of their basic needs. Everyone's invited to fun-for-a-cause. Here's how.

Put yourself together with anything on wheels, anytime of day on that Saturday. (We do mean anything, shopping carts, buses, roller coaster, paddywagon, anything.) wherever you are. Mary says she'll take your hamster on his ferris wheel as long as you get him 10 sponsors. Wheelers agree to ask 10 friends to support them at 10 cents a mile for the 100 mile bike ride that one member is riding for 8 hours for the same cause. Dimes add up to \$10 per sponsor, adding up to \$100 raised by each Wheeler, \$1000 for a team of 10 Wheelers. All together, they laugh and puff their way to the \$110,000 it costs to get 365 kids through the next school year. Their wheeling pays for bare basics like shoes, books, undies, sox, school supplies, backpacks, jackets as the weather chills.

The inspiration and driving force of the annual **Anything On Wheels Relay** is *Joelle Stonitsch*, Mary's niece in Ticonderoga, New York, who is biking her 4th 100-miles for YES!Solutions and its children. The \$100 that her sister gave her for completing her first 100-mile ride, Joelle donated to YES! for kids in need and the **Anything-On-Wheels Relay** was born.

YES!Solutions raises \$300 for each child in its 365-child program to support them through the school year. Many YES! children have been impacted by the criminal justice system. Many have a family member -- often, the primary wage earner -- who is incarcerated. Some have been impoverished by a parent's crippling injury or illness. Many are recent immigrants whose families are working every possible job to give their children a chance for a better life.

Sign up by phoning Mary, or Andy, or any of the YES!Solutions interns at **212-866-5500**.

## Finances Workshop

In these challenging economic times, MRHS would like to present a discussion on financial management this fall. We encourage residents **of all ages** to participate in this workshop or (workshops.) To best meet the needs of residents, please let us know which of the following topics would be of most interest. Call us at 212-666-4000 or email [info@mrhsny.org](mailto:info@mrhsny.org). Thanks!

1. **Keys to the Execution of Your Estate Plan**  
How to prepare, key documents to have, questions, and other things to consider.
2. **Wealth Management Strategies Leading up to Retirement** – Different strategies to transfer wealth, keys to social security, retirement plan withdrawals.
3. **Basic Mutual Fund Investing** – Details the different types of mutual funds, diversification, and asset allocation.
4. **Advanced Mutual Fund Investing** – How to read research reports, evaluate risk parameters, and construct a portfolio.
5. **Changing Jobs or Retiring** – Different things that you should consider if you leave your job.

### Office Hours for Chinese-Speaking Residents

MRHS has happily begun office hours for Chinese-speaking residents who may not be comfortable with English. **Every Tuesday morning from 10:00 AM to 11:00 AM**, MRHS has a Chinese-speaking volunteer on-hand to help translate for anyone who needs assistance from MRHS. Please call 212-666-4000 or visit us during those hours

Sunday afternoon, August 9: Alzheimer's Association ***Memory Walk 2009 with the Brooklyn Cyclones*** at KeySpan Park in Coney Island. To register, donate or for more information: **[www.alznyc.org/memorywalk](http://www.alznyc.org/memorywalk)** or call 646-744-2997.